

New Hampshire Cancer
Commission.

Cancer Information
For
New Hampshire
Citizens



Prepared for the
New Hampshire Women's Field
Army of The American Society
for the Control of Cancer

1942

Information Supplied by
New Hampshire Cancer Commission
Concord, N. H.

Box 1270

CANCER AND NATIONAL DEFENSE

Physical fitness is a matter of serious concern at this time when everybody should be, and probably will be, enlisted for national offense or national defense. Let no one feel that continued effort in cancer education should slacken in the least during wartime, because, by saving lives from cancer we are making a real contribution to our country's welfare. Health Defense of America is one of the first lines of National Defense.

In 1937 it was estimated by the Metropolitan Life Insurance Company that the total cost of cancer deaths in the United States alone was about one billion dollars. This figure includes loss of wages and the cost of sickness and death. Compare the three causes of death over fifteen year periods:

Deaths in the United States

15 years of war	244,357
15 years traffic accidents	441,912
15 years of cancer	2,250,000

When people know the facts about cancer and its control, thousands of lives in this country can be saved for useful and productive work.

Fight Cancer with Knowledge. Knowledge of danger signals of cancer is the weapon with which we should be armed to protect us and our families.

CANCER—IS IT CURABLE?

The disease, cancer, is characterized by the appearance of a growth, small and localized, which may appear anywhere in the body. The tiny, individual cells of this growth, instead of growing slowly and in a regular pattern as in normal tissue, grow faster, larger, lawlessly and unrestrained. As the size of the

growth increases, it invades surrounding tissues. If the growth is not removed or destroyed early, some of the cancer cells may enter blood vessels or drainage channels and be carried to other parts of the body and be lodged where they will develop into secondary growths.

Cancer can be cured if the growth is removed or destroyed while it is still local, but if it is not recognized and thoroughly treated while it is still local, the chances of cure grow constantly less as time passes. Time is the safety factor in cure because curability of cancer depends upon early recognition of the disease and immediate thorough treatment. There must be no delay.

How May Possibility of Cancer Be Suspected?

While it may be difficult or impossible to recognize the possibility of cancer in internal or hidden parts of the body, there is no excuse for not recognizing the possibility in visible areas, such as the mouth and surface of the body. Even internal organs will present evidence by discharges, bleeding or other suggestive symptoms. Accurate diagnosis must always depend upon examination by a trained physician. There are, however, numerous well recognized indications of the possible presence of cancer that may be easily understood and upon the appearance of any of these symptoms, the individual should at once seek the advice of a physician.

Recognition of any of the following conditions may indicate the presence of cancer and always demands an immediate medical check-up:

Breast: A definite lump anywhere in the breast, no matter how small; or bleeding from the nipple.

Uterus: (womb) Bleeding between periods (even very slight spotting.) *Any* appearance of blood after the change of life (menopause.) Excessive flowing at any time.

Stomach—Intestines: Digestive disturbances or indigestion, which are not promptly relieved by good medical treatment. Rapidly increasing constipation. Recurring vomiting, especially with bleeding and any loss of blood with bowel movements.

Bladder—Kidneys: Blood in the urine. This always demands immediate examination inside the bladder.

Rectum: Bleeding, either with or between bowel movements. Never assume such bleeding is due to piles, as there are several other causes, one of which is cancer.

Skin: A sore that does not heal promptly. Any abnormal growth on the skin. Localized dry scaly areas. Any mole or wart that changes appearance or size, or begins to bleed.

Mouth or Lips: Any growth, lump, hardening or sore that does not disappear in two weeks. Persistent white spots on the membrane of the mouth.

Throat—Larynx: Painful or difficult swallowing of ten days duration and not due to infection. Persistent unrelieved hoarseness not due to a cold.

It is occasionally necessary before making a final definite diagnosis for the physician to remove a small piece of tissue from the

suspected area for laboratory microscopical diagnosis.

The best way to provide for the recognition of such symptoms is to cultivate the habit of having a yearly physical examination. For women between the ages of 40 and 55 we advise an examination twice a year.

While cancer may appear at any age from infancy to old age, it is essentially a disease of middle and old age. New England states have more cancer because we have a larger proportion of elderly people.

Can Cancer Be Prevented?

Observance of the following precautions will definitely diminish the risk of cancer development:

Uterus: Treatment of ulcerations and erosions, both of which cause a yellow or white discharge. Repair of all lacerations and injuries caused by childbirth. These measures should be taken at or before the age of 40.

Breast: Removal of any growth or lump in the breast. There should be no delay.

Stomach—Intestines: Adherence to temperance in eating and drinking. Avoid foods that cause indigestion. Keep the bowels regular, preferably by suitable diet.

Mouth: Avoid and prevent irritations, such as those caused by ill fitting dental plates, infected or jagged teeth or cavities with rough edges. Keep the mouth clean and have any infection treated promptly by a dentist. Visit your dentist regularly.

Skin: Keep the skin clean, using plenty of soap and water. On dry skins, use cold cream or oily preparations. Eliminate sores, also elevated warts and moles that may be irritated by clothing, shaving or scratching.

Treatment of Cancer

There are only three methods of treatment that have cured proven cancer patients. These three are surgery, x-rays and radium. There is no "best" way to treat cancer. The proper treatment depends upon many factors, such as the location of the growth, type and activity of the cancer, length of time the growth has been present, and the age and sex of patient. The type of treatment advised is an individual problem with each case. Some patients may need one, two, or all three of the accepted methods of treatment.

Remember that there are no "easy" or "quack" cures, and resort to such treatments only results in delaying proper and adequate treatment. Cancer is a serious disease and requires serious and intelligent treatment.

THE WOMEN'S FIELD ARMY

This organization is sponsored by the American Society for the Control of Cancer and the first state division was created in New Hampshire in 1936. There are now divisions established in 47 states. The women of this Army, who are re-enlisted annually in April, have realized that cancer is a menace to life, to the home, and to national health. They have unselfishly carried the message of hope throughout their communities, so that

all may know that cancer can be cured, but that early recognition of signs and symptoms and early treatment are necessary to control the disease and to lower the high death rate of the past.

During last year's campaign, this organization in New Hampshire distributed 95,500 pieces of literature. 5,864 women were enlisted and over 4,400 other people contributed smaller amounts for the work.

By a special Act of Congress, April has been designated as Cancer Control Month. We urge enlistment in the Women's Field Army in your own town or by writing to the Women's Field Army, 795 Elm Street, Manchester, N. H.

THE NEW HAMPSHIRE CANCER COMMISSION

The Women's Field Army carries its message and educational material to the homes of New Hampshire, and the Cancer Commission, established by the legislature in 1931, provides the clinics and treatment centers where citizen of the state may receive diagnosis and skilled treatment. In the state there are 14 clinics, established in general hospitals. Seven clinics are diagnostic, and seven are both diagnostic and treatment centers where all three methods of treatment are available. No one in the state lives more than 35 or 40 miles from a clinic. In cooperation with town and county authorities the Commission may provide hospitalization and treatment for indigent patients and welfare recipients. It is preferred that patients be referred to the diagnostic clinics by their physicians, but the clinics are open to any citizen who is unable for financial reasons to consult a physician.

N. H. Clinics and Treatment Centers

Berlin—**St. Louis Hosp. 9:30 a.m., 1st & 3rd Thurs. L. B. Marcou, M. D., Director.

Claremont—**Claremont Gen. Hosp., 9:30 a.m., 1st & 3rd Thurs., E. M. Fitch, M.D., Dir.

Concord—**Margaret Pillsbury Gen. Hosp., 10-11 a.m., 2nd & 4th Thurs., James W. Jameson, M. D., Director.

Hanover—**Mary Hitchcock Mem. Hosp., 3:00 p.m., 2nd & 4th Fri., J. F. Gile, M.D., Dir.

Keene—**Elliot Community Hosp., 3:00 p.m., 2nd & 4th Fri., W. H. Lacey, M.D., Dir.

Laconia—*Laconia Hosp., 10:00 a.m., 2nd & 4th Tues., C. S. Abbott, M.D., Dir.

Littleton—Littleton Hosp., 3:00 p.m., 3rd Fri. H. C. Pickwick, M.D., Dir.

Manchester—**Elliot Hosp., 9-11 a.m., Fri., George C. Wilkins, M. D., Dir.

*Notre Dame Hosp., 10-11 a.m., 1st & 3rd Fri., Z. A. Lavoie, M. D., Dir.

**Sacred Heart Hosp., 10-11 a.m., Wed., D. J. Sullivan M. D., Dir.

Nashua—St. Joseph's Hosp., 10:00 a.m., 2nd Wed.

Memorial Hosp., 10:00 a.m., 4th Wed., D. G. Smith, M. D., Dir.

Portsmouth—*Portsmouth Hosp., 10 a.m., 1st & 3rd Thurs., H. L. Taylor, M. D., Dir.

Wolfeboro—Huggins Hosp., 10 a.m., 2nd & 4th Wed., W. J. Paul Dye, M. D., Dir.

*Deep x-ray therapy available.

**Deep x-ray therapy, radium available.